



# Monday Meditation & Self-Care

Learn to “Go Home to Yourself”  
Discover the value of: self-healing & self-care  
Mature discussions

YOGA MATS AVAILABLE BUT PLEASE BRING YOUR OWN • SOUNDBATH &  
VIBRATIONAL ENERGY • DONATIONS WELCOMED

Every Monday at 4pm in the Palm Greens Clubhouse  
(unless otherwise notified)



LEAD BY:

**Tirtzah Israel**

Spiritualist trained in the Ancient  
Art of Meditative Healing



RSVP—Scan or Email:  
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